



Pumpkin Vegetarian Chili

Just in time for Halloween,
this warm dish will get you in the mood for Fall!

Ingredients:

- 2 Tbsp. canola oil
- 2 cloves garlic, chopped
- 1 onion, chopped
- 1 (15 oz) can crushed tomatoes
- 1 (15 oz) can kidney beans, drained and rinsed
- 1 (15 oz) can pumpkin puree
- 1 red bell pepper, deseeded and chopped
- 1 cup whole grain (uncooked bulgur, brown rice OR whole wheat couscous)
- 2 serrano chili peppers, chopped (optional- will make chili spicy)
- 2 cups frozen or canned corn kernels
- 1 Tbsp. Chili powder
- 1 tsp. cumin
- 1 tsp. cinnamon
- 1 tsp. salt

Directions:

- Heat oil in a large pot over medium-high heat.
- Add garlic and onions and sauté until soft, about 4 minutes.
- Add all other ingredients, plus 4 cups water, and stir to combine.
- Bring to a boil, then reduce heat to medium-low and simmer for about 30 minutes, until grain is soft.

Adapted from Oprah.com
Makes 8 servings